

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE**

Application No.	Filing Date	First Named Inventor	Docket No.	Confirmation No.
10/587,091	07/20/2006	Salvatore Carbone	RUBNP01	8907

Invention	Examiner	Art Unit
Gym Work-Out Equipment for the Training of the Chest, Deltoids, Trapeziums, and Triceps Muscles	Long, Robert Franklin	3764

**AMENDMENT**

Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Sir:

In response to the Examiner's Action mailed December 23, 2008, please amend the application as follows:

**Amendments to the Written Description** begin on page 2 of this paper.

**Amendments to the Claims** are reflected in the listing of claims that begins on page 3 of this paper.

**Remarks/Arguments** begin on page 7 of this paper.